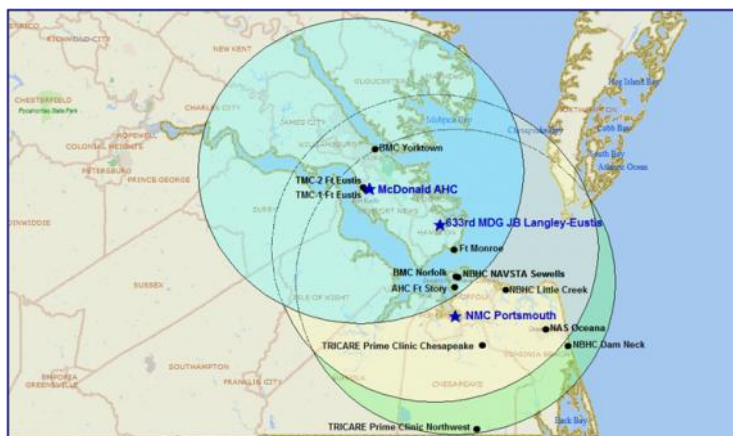


# TRICARE Information and Assistance in Tidewater 2013



## TRICARE Regions



## Military Treatment Facilities in Tidewater (Tidewater Multi-Service Market)

### Navy

Naval Medical Center Portsmouth  
Branch Health Clinic, Dam Neck Annex  
Branch Health Clinic, JEB Little Creek (Boone Clinic)  
Branch Health Clinic, Naval Air Station Oceana  
Branch Health Clinic, Naval Weapons Station Yorktown  
Branch Health Clinic, Norfolk Naval Shipyard  
Branch Health Clinic, Norfolk Naval Station  
Branch Health Clinic, Northwest Annex  
TRICARE Prime Clinic Chesapeake  
TRICARE Prime Clinic Virginia Beach

### Army

McDonald Army Health Center, Fort Eustis  
Fort Story Health Clinic

### Air Force

633rd Medical Group, Langley Air Force Base

### **North Region**

Regional Office North  
[www.tricare.mil/tronorth](http://www.tricare.mil/tronorth)  
Health Net Federal  
Services  
[www.hnfs.net](http://www.hnfs.net)  
(877) 874-2273

### **West Region**

Regional Office West  
[www.tricare.mil/trowest](http://www.tricare.mil/trowest)  
United Healthcare Military &  
Veterans  
[www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)  
(877) 988-9378

### **South Region**

Regional Office South  
[www.tricare.mil/trosouth](http://www.tricare.mil/trosouth)  
Humana Military  
[www.humana-military.com](http://www.humana-military.com)  
(800) 444-5445

### **Overseas**

International SOS  
[www.tricare-overseas.com](http://www.tricare-overseas.com)  
(888) 777-8343

## Tidewater TRICARE Service Centers

Health Net Federal Services, LLC

Naval Medical Center Portsmouth  
McDonald Army Health Center, Fort Eustis  
633rd Medical Group, Langley Air Force Hospital

See the reverse side for a list of Beneficiary Counseling and Assistance Coordinators (BCAC) and DEERS/ID card office locations in Tidewater

To find a BCAC in another area, visit:  
<http://www.tricare.mil/bcacdcao/view.aspx>

## Information and Assistance at Naval Medical Center Portsmouth

Beneficiary Counseling and Assistance Coordinators, Building 3, 3rd Floor, (757) 953-2610/2611  
Hampton Roads Appointment Center, (866) 645-4584  
TRICARE Operations, Marketing and Beneficiary Education, (757) 953-6153  
TRICARE Service Center, Health Net Federal Services, Building 249, (877) 874-2273  
[www.med.navy.mil/SITES/NMCP/Pages/default.aspx](http://www.med.navy.mil/SITES/NMCP/Pages/default.aspx)

## **Navy Beneficiary Counseling and Assistance Coordinators in Tidewater**

### **Naval Medical Center Portsmouth**

Building 3, 3rd Floor  
620 John Paul Jones Circle  
Portsmouth, VA 23708  
(757) 953-2610, Mon – Fri, 7 a.m. – 3:30 p.m.

### **Branch Health Clinic, Dam Neck Annex**

1885 Terrier Avenue  
Virginia Beach, VA 23461  
(757) 953-9322, Mon - Fri, 7 a.m. - 3:30 p.m.

### **BHC, JEB Little Creek**

Boone Clinic  
1035 Nider Boulevard  
Norfolk, VA 23521  
(757) 953-8183/8185, Mon – Fri, 7:30 a.m. – 3:30 p.m.

### **BHC, Norfolk Naval Station**

Sewell's Point  
1721 Taussig Boulevard  
Norfolk, VA 23511  
(757) 953-8708, Mon – Fri, 7:30 a.m. – 3:30 p.m.

### **BHC, Naval Air Station Oceana**

1550 Tomcat Boulevard  
Virginia Beach, VA 23460  
(757) 953-3933 (Opt 7), Mon – Fri, 7 a.m. – 3:20 p.m.

### **BHC, Naval Weapons Station Yorktown**

P.O. Box 90  
Yorktown, VA 23291  
(757) 953-8441, Mon – Fri, 7 a.m. – 3:30 p.m.

### **BHC, Northwest Annex**

4501 Relay Road  
Chesapeake, VA 23322  
(757) 953-6246, Mon – Fri, 7:30 a.m. – 3:30 p.m.

### **TRICARE Prime Clinic, Chesapeake**

1011 Eden Way North, Suite 8  
Chesapeake, VA 23320  
(757) 953-6382, Mon – Fri, 7:30 a.m. – 4 p.m.

### **TRICARE Prime Clinic, Virginia Beach**

2100 Lynnhaven Parkway, Suite 201  
Virginia Beach, VA 23456  
(757) 953-6710/6711, Mon – Fri, 7 a.m. – 3:45 p.m.

## **DEERS & ID Cards**

### **Defense Manpower Data Center Support Office - 1-800-538-9552**

Registration in the Defense Enrollment Eligibility Reporting System (DEERS) and a valid ID card are required to obtain TRICARE benefits (ID cards are not required for children under age 10 living with a custodial parent)

Visit the Rapids Site Locator at: [www.dmdc.osd.mil/rsf](http://www.dmdc.osd.mil/rsf) to find an ID card office near you

Visit: <https://rapids-appointments.dmdc.osd.mil/>

To schedule an appointment at one of the following ID card offices in Tidewater:

### **PSD Portsmouth NMCP Building 3, 9th Floor**

620 John Paul Jones Circle  
Portsmouth, VA 23708  
Phone: (757) 953-7874; Fax: (757) 953-5632  
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

### **Norfolk Naval Shipyard Pass & ID Office**

Building 1502, Rooms 127 & 128  
Portsmouth, VA 23709  
Phone: (757) 396-5796; Fax: (757) 396-3798  
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

### **Naval Station Norfolk Pass & ID Office**

Building CD-9, 9040 Hampton Boulevard  
Norfolk, VA 23505  
Phone: (757) 322-2975  
Mon-Fri, 7:30—4

### **Navy Exchange Norfolk ID Card Lab**

Building CD-13, 1560 Mall Drive, Suite 202  
Norfolk, VA 23511  
Phone: (757) 444-8263; Fax: (757) 444-9227  
Mon-Fri, 9—5 (Appointments 9—4); Saturday 9—3

### **Naval Station Norfolk Personnel Support Detachment**

Building A-48, 1755 Powhatan Street, Room 119  
Norfolk, VA 23511  
Phone: (757) 445-5202; Fax: (757) 444-0581  
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

### **Navy Operational Support Center NMCRC Little Creek**

Building 1, One Navy Drive  
Virginia Beach, VA 23459  
Phone: (757) 318-4500; Fax: (757) 318-4554  
Mon-Thu, Appointments 9:30—12:10 (Walk-in 12:10—3)  
Fri, Walk-in 9:30—3 (Mobilizing Reservists have priority)

### **JEB Little Creek Personnel Support Detachment**

Building 3510, 1155 Nider Boulevard  
Virginia Beach, VA 23459  
Phone: (757) 462-5319  
Mon-Fri, 7:30—4

### **Fort Story ID Card Office JEB Little Creek-Fort Story**

517 Solomons Road  
Virginia Beach, VA 23454  
Phone: (757) 422-7752  
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

### **NAS Oceana Personnel Support Detachment**

Building 326, 1161 D Avenue  
Virginia Beach, VA 23460  
Phone: (757) 433-2184; Fax: (757) 433-2186  
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

### **CSD Dam Neck**

Building 502, 408 Tartar Avenue  
Virginia Beach, VA 23461  
Phone: (757) 492-7741; Fax: (757) 492-6510  
Mon-Fri, 7:30—12; 1—4